

ABSTRACT OF THE DISCLOSURE

An actuator has a resilient shape memory member 1 with superelasticity, a magnetic body 2, and a magnetic field generator 3. At least one of the magnetic body 2 and the magnetic field generator 3 is fixed to the resilient shape memory member 1 such that one of the magnetic body 2 and the magnetic field generator 3 is stationary while the other is movable, whereby the movable member is moved by a magnetic field provided from the magnetic field generator 3.